



VISIONS FOR PUBLIC HEALTH 2006

OBESITY: An Urgent Public Health Priority

Wednesday, March 15, 2006
Shoreline Conference Center • Seattle

University of Washington
Continuing Nursing Education
Northgate Executive Center I
155 NE 100th, Suite 306
Seattle, Washington 98125

[09-9674 - #132]

Nonprofit Org.
U.S. Postage
PAID
Seattle, WA
Permit No. 62

The University of Washington is committed to providing access, equal opportunity and reasonable accommodation in its services, programs, activities, education and employment for individuals with disabilities. To request disability accommodation contact the Disability Services Office at least ten days in advance at: 206-543-6450/V, 206-543-6452/TTY, 206-685-7264/FAX, or dso@u.washington.edu.

STRATEGIES FOR CREATING HEALTHY COMMUNITIES



**Visions for Public
Health Nursing
2006**

OBESITY: An Urgent Public Health Priority

Wednesday, March 15, 2006
Shoreline Conference Center • Seattle, Washington

Sponsored by

University of Washington School of Nursing
• Advanced Practice Community Health Systems Nursing
• Continuing Nursing Education

Endorsed by

Public Health Nursing Directors of Washington

School of Nursing
UNIVERSITY OF WASHINGTON





OBESITY: An Urgent Public Health Priority

Wednesday, March 15, 2006
Shoreline Conference Center
Seattle, Washington

For public health and community health professionals, including nurses, health educators, social workers, dietitians, nutritionists, and other interested community providers.

The prevalence of obesity has doubled since 1980 and is now seen by the Centers for Disease Control as one of the top threats to the health of the nation. Approximately 23% of Americans are obese and an additional 36% are overweight, conditions known to be risk factors for a large number of chronic diseases, most significantly Type 2 diabetes, congestive heart failure, stroke, and hypertension.*

Public health professionals have been instrumental in identifying risk factors, raising public awareness, promoting public policy, and implementing innovative community programs related to obesity. This conference is designed as an educational forum to help strengthen and promote widespread public and community health efforts to reduce obesity by examining related issues and trends, promoting innovative programs, fostering relationships with colleagues, and sharpening the vision for public and community health in the Pacific Northwest.

**Prevention Makes Common "Cents." U.S. Department of Health and Human Services, 2003. <http://aspe.hhs.gov/health/prevention/>*

OBJECTIVES

After attending this conference, you will be better able to:

- 1) Discuss risk factors and health effects that make obesity a state-wide Public health priority.
- 2) Describe the Washington State Nutrition and Physical Activity Plan and the role of local public health departments in implementing the plan.
- 3) Identify partners and opportunities for collaboration in reducing obesity in your community.
- 4) Describe selected obesity-related programs in Washington State that are exemplars for assessment, planning, and program implementation in your community.

This project is supported in part by funds from the Division of Nursing (DN), Bureau of Health Professions (BHPr), Health Resources Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number D09 HP 00464, AP Comm Health Nursing, for \$872,370. The information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should be any endorsements be inferred by the Division of Nursing, BHPr, DHHS or the U.S. Government.

PLANNING COMMITTEE

Ruth Abad, MEd, MPH, Healthy Communities Specialist, Nutrition and Physical Activity Program, Washington State Department of Health, Olympia
Bobbie Berkowitz, PhD, RN, FAAN, Professor, Psychosocial and Community Health, Nursing, UW
Doris Boutain, PhD, RN, Associate Professor, Psychosocial and Community Health, Nursing, UW
Tammy Cooper-Woodrich, CMA, Certified Medical Assistant, Nooksack Indian Tribe, Deming
Martha DuHamel, MPH, Assistant Dean, Continuing Nursing Education, UW
Jenny Hsin-Chun Tsai, PhD, ARNP, Assistant Professor, Psychosocial and Community Health, Nursing, UW
Rebecca Kang, PhD, RN, Chair, Project Director, Advanced Practice Community Health Systems Nursing; Associate Professor, Psychosocial and Community Health, Nursing, UW
Sheila Keener, BSN, RN, Continuing Education Specialist, Continuing Nursing Education, UW
Debbie Lee, PhD, RN, Local Public Health Nurse Liaison, Community & Family Health, Washington State Department of Health, Olympia
Jody Okamura, BBA, Program Manager, Advanced Practice Community Health Systems Nursing, Psychosocial and Community Health, Nursing, UW
Cindy Smith, BSN, RN, Immunization Program Coordinator, Tacoma Pierce County Health Department, Tacoma

PROFESSIONAL CREDIT

Nurses: 7.1 contact hours (5.5 clock hours) will be awarded by the University of Washington School of Nursing which is accredited as a provider of continuing education in nursing by the American Nurses Credentialing Center (ANCC) Commission on Accreditation and approved as a Washington state clock hour provider by the Washington State Board of Education.

All Other Disciplines: A certificate for 7.1 contact hours (5.5 clock hours) will be awarded for use in documenting attendance at this ANCC-accredited continuing education program.

EXHIBITORS

We are grateful to exhibitors for their support and participation in nursing conferences. To exhibit at this conference, please contact Carole Heffelfinger, CNE Exhibit Coordinator, 206-616-3826 or caroleh@u.washington.edu.

PROGRAM SCHEDULE

WEDNESDAY—MARCH 15, 2006

- 7:30 Registration, Continental Breakfast and Exhibits
- 8:00 **Welcome** *Rebecca Kang*
- 8:10 **Obesity in Washington State: A Public Health Challenge**
Maxine Hayes
- 9:10 Stretch Break
- 9:20 **Supporting Healthy Options through Environmental Change** *Donna B. Johnson*
- 10:20 Break and Exhibits
- 10:35 **Critical Periods in the Development of Obesity**
Donna B. Johnson
- 11:30 Lunch (provided) and Exhibits
- 12:20 CONCURRENT SESSIONS (Choose A or B)
- A. Basic Food Nutrition Education Program (BFNEP)**
Gail Brandt
- B. Small Steps, Big Rewards: A Wenatchee Media Campaign to Promote Physical Activity and Nutrition**
Judy Preston
- 1:10 Break and Exhibits
- 1:20 CONCURRENT SESSIONS (Choose C or D)
- C. The Changing School Environment**
Ruth Abad
- D. Built Environments: The Lakewood Project**
Beth Glynn
- 2:10 Stretch Break
- 2:20 CONCURRENT SESSIONS (Choose E or F)
- E. Managing Obesity in Children: How Do We Do This?**
Cora Collette Breuner
- F. Promoting Healthy Life-styles for Older Adults**
Cheza Garvin
- 3:10 Stretch Break
- 3:20 **Community Obesity Prevention Programs: Lessons Learned**
Barbe West, Melanie Willis, Jane Wright
Moderator: Ruth Abad
- 4:30 Adjourn

SPEAKERS

Ruth Abad, MEd, MPH

Healthy Communities Specialist, Nutrition and Physical Activity Program, Washington State Department of Health, Olympia

Gail Brandt, EdD, MPH, RD

Program Coordinator, Washington State Department of Health, Olympia

Cora Collette Breuner, MD, MPH

Associate Professor, Adolescent Medicine Section, Department of Pediatrics, UW; Director, Adolescent Medicine Clinic, Children's Hospital and Regional Medical Center, Seattle

Cheza Garvin, PhD, MPH, MSW

Program Director, Chronic Disease Prevention & Healthy Aging, Public Health--Seattle & King County, Seattle

Beth Glynn, BS

Public Health Educator II, Physical Activity and Nutrition Workgroup, Tacoma-Pierce County Health Department, Tacoma

Maxine Hayes, MD, MPH

State Health Officer, Washington State Department of Health; Clinical Professor, Pediatrics, Medicine; Faculty, Maternal and Child Public Health Leadership Training Program, School of Public Health, UW

Donna B. Johnson, PhD, RD

Assistant Professor, Nutritional Sciences, University of Washington, Seattle

Judy Preston, BSN, RN

Health Promotion Director and Steps Project Lead, Chelan Douglas Health District, East Wenatchee

Barbe West, MBA

Executive Director, Community Choices 2010, STEPS to a Healthier Clark County, Vancouver

Melanie Willis, BS

Health Educator and Nutrition Specialist, Healthy Lifestyles, Cowlitz County Health Department, Longview

Jane Wright, MS

Assessment Coordinator, Kittitas County Health Department, Ellensburg



OBESITY: An Urgent Public Health Priority

Wednesday—March 15, 2006
Conf. #06132-A-C • 7.1 contact hours

PLEASE TYPE OR PRINT:

Name _____ Highest Degree _____

Home Address _____

City _____ State _____ Zip _____

Agency Name _____

Agency City _____ State _____ Zip _____

Email Address _____ Daytime/Work Phone _____

■ Your Primary Position

- | | |
|---|--|
| <input type="checkbox"/> Public Health Nurse | <input type="checkbox"/> Staff/Clinic Nurse |
| <input type="checkbox"/> Community Health Nurse | <input type="checkbox"/> Clinical Nurse Specialist |
| <input type="checkbox"/> Educator | <input type="checkbox"/> Social Worker |
| <input type="checkbox"/> Administrator/Manager | <input type="checkbox"/> Dietitian/Nutritionist |
| <input type="checkbox"/> Other _____ | |

■ Your Work Setting

- | | |
|--|--|
| <input type="checkbox"/> Local Public Health | <input type="checkbox"/> Community Health Agency |
| <input type="checkbox"/> State Public Health | <input type="checkbox"/> Other _____ |

REGISTRATION FORM

Four easy ways to register!

FAX: 206-543-6953
Mail: UW Continuing Nursing Education
Northgate Executive Center I
155 NE 100th, Suite 306
Seattle, WA 98125
Campus: CNE, Box 358738
Web: Online at **uwcne.org**

■ Concurrent Sessions (Choose one topic in each time period.)

Wed., March 15	12:20 PM	<input type="checkbox"/> A	<input type="checkbox"/> B
	1:20 PM	<input type="checkbox"/> C	<input type="checkbox"/> D
	2:20 PM	<input type="checkbox"/> E	<input type="checkbox"/> F

■ Conference Fee: (Check one box.) Individual Group Rate*

Wednesday, March 15 ☐ \$195 ☐ \$175

**Group Rate—Price per person for 2 or more registrations arriving in the same envelope from the same agency or per person for members of the sponsoring organizations.*

■ Total paid \$ _____ (U.S. Funds)

- ☐ Check is enclosed payable to: University of Washington
☐ UW Budget # _____ Budget Name _____
☐ Purchase order or letter of authorization enclosed.

Please bill my agency. Manager phone # _____

- ☐ Charge my credit card: ☐ VISA ☐ MC Exp Date _____

REGISTRATION INFORMATION

CNE (206) 543-1047 • FAX (206) 543-6953

cne@u.washington.edu • uwcne.org

The fee for this conference is \$195 (\$175 group rate). The group rate is per person for 2 or more people from the same agency or per person for an individual registrant employed by one of the sponsoring agencies. The fee includes tuition, handouts, continental breakfast, lunch, and refreshment breaks. **Limited scholarships are available.** (See box below for more information.) To register, please send registration form and correct fee to UW Continuing Nursing Education, Northgate Executive Center I, 155 NE 100th, Suite 306, Seattle, WA 98125. You may also fax your registration or register online. **Refund Policy:** If you register but cannot attend or send a substitute, you may obtain a refund of the fee less \$35 for handling by submitting a written request to CNE **prior** to the conference. In the event of course cancellation, registration fees are automatically refunded in full.

Child Care: In consideration of other participants, please make other childcare arrangements for your infant or child.

Scholarships Available

Limited scholarship support is available to subsidize attendance at this conference. To apply, please contact Jody Okamura, Program Manager, Advanced Practice Community Health Systems Nursing, at 206-685-1288 or jokamura@u.washington.edu.

LOCATION

Shoreline Conference Center, 18560 1st Avenue NE, Seattle, WA

Directions: Going north or south on I-5, take the NE 175th Street exit (Exit #176). Head west on NE 175th to Meridian Ave. N. Turn right on Meridian and continue to next light at NE 185th. Turn right on NE 185th and continue to 1st Ave.

NE. Turn left on 1st NE. The Shoreline complex will be on your right. Drive to the north end and turn right just before the tennis courts. Follow signs to the conference center.

Parking: If the parking area outside the entrance to the conference center is full, return to 1st Ave NE and park on the street anywhere to the west or south of the complex. You can enter through any major entrance and follow signs to the Shoreline Room. Parking is free.

Nearby Accommodations:

Best Western Alderwood, Lynnwood	425-775-7600
Embassy Suites, Lynnwood	425-775-2500
Holiday Inn Express, Seattle	206-365-7777

Shuttle service and University of Washington conference rates are available at some of these hotels if requested in advance.

